



A Weight-Loss Competition for All Post Employees!

**Who Will Lose the Most Weight by
27 March 2009?**



It Could Be You!

***Grand Prize:
1 Free Night Stay at the Cabin***

***Sign-up at the CAC for Your Chance to Win and
Kick-off a Healthy New Year!***

First Weigh-in: 12 – 13 January from 0700 to 1200

Second Weigh-in: 16 – 17 February from 0700 to 1200

Final Weigh-in*: 27 March from 0700 - 1200



POC: Judy Collins, x8219

***All individual weights are kept confidential**